



# CAPITOL LUNCHROOM MENU

<http://www.state.nd.us/fac/>

## MONDAY, DECEMBER 4

<b>GRILL</b>	PIZZA BURGER WITH CHIPS @ \$2.95 ..... WITH FRIES	\$3.95
<b>LOWFAT</b>	CHICKEN WRAP	\$2.95
<b>FEATURE</b>	HAMBURGER MACARONI HOTDISH WITH VEG & ROLL	\$4.90
<b>FEATURE</b>	NEW ENGLAND BOILED HAM WITH POTATO, CABBAGE, CARROTS & ROLL	\$5.51

## TUESDAY, DECEMBER 5

<b>GRILL</b>	RUEBEN SANDWICH WITH CHIPS @ \$3.50 ..... WITH FRIES	\$4.50
<b>LOWFAT</b>	STUFFED TOMATO SURPRISE	\$2.95
<b>FEATURE</b>	SWEDISH MEATBALLS WITH POTATO, VEG. & ROLL	\$5.51
<b>FEATURE</b>	BAKED POTATO WITH BROCCOLI N CHEDDAR (EXTRA TOPPINGS AVAILABLE: (Cheese, Bacon, Fat Free Ranch, Fat Free Sour Cream-.25 each)	\$3.25

## WEDNESDAY DECEMBER 6

<b>GRILL</b>	GRILLED CHICKEN BREAST ON GRILLED SOURDOUGH WITH SWISS N CHIPS \$3.50 ..... WITH FRIES	\$4.50
<b>LOWFAT</b>	ITALIAN ROTINI SALAD WITH 2 CHEESE BREADS	\$4.90
<b>FEATURE</b>	BEEF STROGANOFF ON NOODLES WITH SALAD AND ROLL	\$5.25

## THURSDAY, DECEMBER 7

<b>GRILL</b>	FLEISCHKEUCHLE @ \$2.75..... WITH BAKED BEANS	\$3.40
<b>LOWFAT</b>	VEGGIE PIZZA BAGEL HALF	\$1.65
<b>FEATURE</b>	BAKED CHICKEN ON RICE WITH VEG. & ROLL	\$5.51
<b>FEATURE</b>	LAZY PIGS HOTDISH WITH VEG., & ROLL	\$4.90
<b>FEATURE</b>	BAKED POTATO WITH BUTTERBLEND (EXTRA TOPPINGS AVAILABLE: 25c EACH)	\$1.75

## FRIDAY, DECEMBER 8

<b>GRILL</b>	TUNA MELT WITH CHIPS ...\$2.75 WITH FRIES	\$3.75
<b>FEATURE</b>	CHICKEN FRIED STEAK WITH POTATOES, VEG & ROLL	\$5.51
<b>LOWFAT</b>	<b>CHICKEN SALAD WITH FAT-FREE MAYO ON HEALTHY CHOICE BREAD</b>	<b>\$2.75</b>
<b>FEATURE</b>	CHICKEN CORDON BLEU HOTDISH WITH VEG & ROLL	\$4.90

## DAILY SPECIALS

**FRENCH FRIES ARE \$1.40 OR \$1.00 WITH A SANDWICH**

*** GRILLED CHICKEN ***		\$2.95
HOT BEEF SANDWICH		\$4.90
ROAST BEEF DINNER		\$5.14
SALAD BAR		\$1.90
CHILI	CUP \$1.50	BOWL \$2.50
SOUP	CUP \$1.45	BOWL \$2.29

CAFETERIA HOURS: 7:00 A.M. TO 4:30 P.M.

BREAKFAST: 7:00 - 10:30

LUNCH: 10:30 - 1:30

